



GIRLS IN MOTION

Learning Resources

Help students, educators, and families stay active year-round with these easy-to-use resources!

From Alliance for a Healthier Generation (Healthier Generation)

Family Activities

from *Kohl's Healthy at Home*

- [Active At-Home Scavenger Hunt](#)
- [Family Activity Tracker](#)
- [Time-Saving Physical Activities for Busy Families](#)
- [Take-Home Activity Bag Cards](#)
- [All-Weather Family Activities](#)
- [KohlsHealthyatHome.org | Moving More](#) for more physical activity resources

Blogs

- [Keeping Kids Physically Active at Home](#)
- [4 Ways to Champion Inclusive Physical Activity](#)

Videos

- [The Mirror Challenge with Jason and Jarron Collins](#)
- [One-on-One Fitness Break with WNBA Star Jewell Loyd](#)



From The Walking Classroom (TWC)

Podcasts

- **Educational Podcasts** (For grades 3 through 8)
Each podcast comes with a lesson plan, discussion questions, mileage tracker, and integrates a health message and character value to support social-emotional learning. Podcasts are also accessible via [The Walking Classroom Podcasts App](#).

Guides

- **Guide to Starting a Walking Club**
A Walking Club is an easy and inexpensive opportunity for students and staff to increase their current level of physical activity, while developing healthy habits at an early age.*
**Consider this supplement resource from our equity partner at The National Center on Health, Physical Activity & Disability when planning your inclusive walking club: [How To Create An Inclusive Walking Club!](#)*

Webinars

- **Informational Webinars**
In these free, live, and on-demand webinars for classrooms, afterschool, and homeschoolers, discover how your students can gain academic instruction while getting fresh air and exercise!

From Positive Coaching Alliance (PCA)

Reference Guides and Tools (For Youth Sport Leaders)

- **Literature Review: Evidence-Based Practices for K-12 Girls in Sports and Physical Activity**
A research team from the Departments of Kinesiology at Cal State East Bay and Saint Mary's College of California, with support from the Positive Coaching Alliance Gender Equity Initiative, offer 10 evidence-based, easy-to-digest best practices for helping K-12 girls and any youth sports program level the playing field!
- **Toolkit: Gameplan for Building Effective Sports Programs for and with Girls**
Help girls benefit from lifelong health, positive sports experiences, and sustained athletic engagement. This toolkit provides support for women coaches, coaches of any gender coaching girls, allies, and those seeking to promote gender equity in youth sports in any community.
- **Title IX Infographics For Coaches & Youth**
The WNBA, NBA, JR. NBA, and Positive Coaching Alliance explain Title IX and gender equity principles in youth sports to help diverse audiences understand, integrate, and activate around this historic civil rights law.